

Stir-Fry Fajita Chicken, Squash, and Corn

MONUMENT VALLEY HIGH SCHOOL

Kayenta, Arizona

Our Story

Located in the northeastern corner of Arizona on the Navajo Indian Reservation, Monument Valley High School is part of the Kayenta Unified School District. For the recipe challenge, two student teams worked together to help prepare and sample dishes.

The team ultimately developed Stir-Fry Fajita Chicken, Squash, and Corn. This dish combines the mildly sweet flavor of butternut squash and the individual flavors of onions, corn, red peppers, and diced chilies brought together with a blend of black pepper, cumin, garlic powder, and diced tomatoes. The Stir-Fry Fajita Chicken, Squash, and Corn dish uses the natural flavors from vegetables and spices to make a savory meal, which can only be matched by the aroma produced when cooking.

School Team Members

SCHOOL NUTRITION PROFESSIONAL

Cathy Getz

CHEF

Paul Gray (Head Cook, Anasazi Inn)

COMMUNITY MEMBERS

Samantha J. Interpreter, RD, LT USPHS RDF-5 and Mike Williams

STUDENTS

Kevin B. and Brett B.

Stir-Fry Fajita Chicken, Squash, and Corn 🥻

Meal Components: Meat-Red/Orange Vegetable-Starchy Vegetable-Other Vegetable-Grains

Main Dishes D-60r

	25 Servings		Directions	
Ingredients	Weight	Measure	Process #2: Same Day Service	
Water		3 qt	1. Boil water.	
Brown rice, long-grain, regular, dry	3 lb	1 qt 3 ½ cups	 2. Place 3 lb brown rice in each steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. 3. Pour water (3 quarts per steam table pan) over brown rice. Stir. Cover pans tightly. 	
			4. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 325 °F for 40 minutes 5. Remove from oven and let stand covered for 5 minutes.	
Granulated garlic		1 tsp	6. Sprinkle brown rice with granulated garlic and half of salt-free seasoning, reserving the other half for step 8. Mix well. Fold in cilantro. Critical Control Point: Hold at 135 °F or higher.	
Salt-free chili-lime seasoning blend		2 Tbsp 1 tsp		
Fresh cilantro, chopped		½ cup		
Canola oil		½ cup	7. Heat oil. Sauté onions for 2-3 minutes. For 25 servings, use a large stock pot.	
*Fresh onions, diced	1 lb	3 cups 2 Tbsp		
Frozen, cooked fajita chicken strips, thawed	4 lb	1 gal	8. Add chicken, squash, and remaining salt-free seasoning. Stir-fry over high heat for 10 minutes or until squash is tender.	
*Fresh butternut squash, peeled, cubed ½"	4 lb	3 qt 1 cup		
*Fresh red bell peppers, diced ½"	1 lb	3 cups	9. Add red peppers, corn, green chilies, tomatoes, black pepper, cumin, and garlic powder. Continue to stir-fry over medium-high heat for no more than 7 minutes to maintain crunchiness of vegetables. DO NOT OVERCOOK.	
Frozen corn, thawed, drained	2 lb	1 qt 1½ cups		
Canned, diced green chilies	1 lb	2 cups (½ No. 10 can)		

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lorona Parota	25 Servings		Directions
Ingredients	Weight	Measure	Process #2: Same Day Service
Canned low-sodium diced tomatoes	1 lb 2 oz	2 ¼ cups (¼ No. 10 can)	
Ground black pepper		2 tsp	
Ground cumin		1 Tbsp	
Garlic powder		2 tsp	10. Reduce heat to low and simmer for 2 minutes. Critical Control Point: Heat to 165 °F or higher for at least 15
			seconds.
			11. Critical Control Point: Hold for hot service at 135 °F or higher.
			12. Portion 6 fl oz spoodle (¾ cup) stir-fry over No. 8 scoop (½ cup) brown rice.

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
34 cup (6 fl oz spoodle) stir-fry mixture over ½ cup (No. 8 scoop) brown rice provides 1 ¼ oz equivalent meat, ¾ cup red/orange vegetable, ⅓ cup starchy vegetable, ¼ cup other vegetable, and 1 oz equivalent grains.	25 Servings: about 12 lb 12 oz stir-fry about 6 lb brown rice	25 Servings: about 1 gallon 2 quarts stir-fry about 3 quarts brown rice



🌽 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide				
Food as Purchased for	25 servings			
Mature onions Butternut squash Red bell peppers	1 lb 3 oz 4 lb 13 oz 1 lb 4 oz			

Nutrients Pe	r Serving				
Calories Protein Carbohydrate Total Fat	396.34 19.52 g 58.87 g 10.01 g	Saturated Fat Cholesterol Vitamin A Vitamin C	1.69 g 62.31 mg 7346.86 IU (359.04 RAE) 44.16 mg	Iron Calcium Sodium Dietary Fiber	2.37 mg 57.97 mg 574.40 mg 7.06 g

Stir-Fry Fajita Chicken, Squash, and Corn 🥬

Meal Components: Meat-Red/Orange Vegetable-Starchy Vegetable-Other Vegetable-Grains

Main Dishes D-60r

	50 S	ervings	Directions	
Ingredients	Weight	Measure	Process #2: Same Day Service	
Water		1 gal 2 qt	1. Boil water.	
Brown rice, long-grain, regular, dry	6 lb	3 qt 3 cups	 Place 3 lb brown rice in each steam table pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. Pour water (3 quarts per steam table pan) over brown rice. Stir. Cover pans tightly. 	
			 4. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 325 °F for 40 minutes 5. Remove from oven and let stand covered for 5 minutes. 	
Granulated garlic		2 tsp	6. Sprinkle brown rice with granulated garlic and half of salt-free seasoning, reserving the other half for step 8. Mix well. Fold in cilantro. Critical Control Point: Hold at 135 °F or higher.	
Salt-free chili-lime seasoning blend		¼ cup 2 tsp		
Fresh cilantro, chopped		½ cup		
Canola oil		1 cup	7. Heat oil. Sauté onions for 2-3 minutes. For 50 servings, use a roasting pan/square head pan (20 %" x 17 %" x 7") on top of stove.	
*Fresh onions, diced	2 lb	1 qt 2 ¼ cups		
Frozen, cooked fajita chicken strips, thawed	8 lb	2 gal	8. Add chicken, squash, and remaining salt-free seasoning. Stir-fry over high heat for 10 minutes or until squash is tender.	
*Fresh butternut squash, peeled, cubed ½"	8 lb	1 gal 2 ½ qt		
*Fresh red bell peppers, diced ½"	2 lb	1 qt 2 cups	9. Add red peppers, corn, green chilies, tomatoes, black pepper, cumin, and garlic powder. Continue to stir-fry over medium-high heat for no more than 7 minutes to maintain crunchiness of vegetables. DO NOT OVERCOOK.	
Frozen corn, thawed, drained	4 lb	2 qt 3 cups		
Canned, diced green chilies	2 lb	1 qt (1 No. 10 can)		

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Main Dishes D-60r

Incrediante	50 Servings		Directions
Ingredients	Weight	Measure	Process #2: Same Day Service
Canned low-sodium diced tomatoes	2 lb 4 oz	1 qt ½ cup (½ No. 10 can)	
Ground black pepper		1 Tbsp 1 tsp	
Ground cumin		2 Tbsp	
Garlic powder		1 Tbsp 1 tsp	10. Reduce heat to low and simmer for 2 minutes. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
			 11. Critical Control Point: Hold for hot service at 135 °F or higher. 12. Portion 6 fl oz spoodle (¾ cup) stir-fry over No. 8 scoop (½ cup) brown rice.

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
¾ cup (6 fl oz spoodle) stir-fry mixture over ½ cup (No. 8 scoop) brown rice provides 1 ¼ oz equivalent meat, ¾ cup red/orange vegetable, ½ cup starchy vegetable, ¼ cup other vegetable, and 1 oz equivalent grains.	50 Servings: about 25 lb stir-fry about 12 lb brown rice	50 Servings: about 3 gallons stir-fry about 1 gallon 2 quarts brown rice

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide				
Food as Purchased for	50 servings			
Mature onions Butternut squash Red bell peppers	2 lb 6 oz 9 lb 10 oz 2 lb 8 oz			

Nutrients Pe	r Serving				
Calories Protein Carbohydrate Total Fat	396.34 19.52 g 58.87 g 10.01 g	Saturated Fat Cholesterol Vitamin A Vitamin C	1.69 g 62.31 mg 7346.86 IU (359.04 RAE) 44.16 mg	Iron Calcium Sodium Dietary Fiber	2.37 mg 57.97 mg 574.40 mg 7.06 g

Stir-Fry Fajita Chicken, Squash, and Corn 🥻

Meal Components: Meat-Red/Orange Vegetable-Starchy Vegetable-Other Vegetable-Grains

Main Dishes D-60r

	100 Servings		Directions	
Ingredients	Weight	Measure	Process #2: Same Day Service	
Water		3 gal	1. Boil water.	
Brown rice, long-grain, regular, dry	12 lb	1 gal 3 ½ qt	 2. Place 3 lb brown rice in each steam table pan (12" x 20" x 2 ½"). For 100 servings, use 4 pans. 3. Pour water (3 quarts per steam table pan) over brown rice. Stir. Cover pans tightly. 	
			4. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 325 °F for 40 minutes 5. Remove from oven and let stand covered for 5 minutes.	
Granulated garlic		1 Tbsp 1 tsp	6. Sprinkle brown rice with granulated garlic and half of salt-free seasoning, reserving the other half for step 8. Mix well. Fold in cilantro. Critical Control Point: Hold at 135 °F or higher.	
Salt-free chili-lime seasoning blend		½ cup 1⅓ Tbsp		
Fresh cilantro, chopped		1 cup		
Canola oil		2 cups	7. Heat oil in a roasting pan/square head pan (20 $\%$ " x 17 $\%$ " x 7") on top of stove. Sauté onions for 2-3 minutes.	
*Fresh onions, diced	4 lb	3 qt ½ cup		
Frozen, cooked fajita chicken strips, thawed	16 lb	4 gal	8. Add chicken, squash, and remaining salt-free seasoning. Stir-fry over high heat for 10 minutes or until squash is tender.	
*Fresh butternut squash, peeled, cubed ½"	16 lb	3 gal 1 qt		
*Fresh red bell peppers, diced ½"	4 lb	3 qt	9. Add red peppers, corn, green chilies, tomatoes, black pepper, cumin, and garlic powder. Continue to stir-fry over medium-high heat for no more than 7 minutes to maintain crunchiness of vegetables. DO NOT OVERCOOK.	
Frozen corn, thawed, drained	8 lb	1 gal 1 ½ qt		
Canned, diced green chilies	4 lb	2 qt (2 No. 10 cans)		

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Main Dishes D-60r

Lance Produc	100 Servings		Directions	
Ingredients	Weight	Measure	Process #2: Same Day Service	
Canned low-sodium diced tomatoes	4 lb 8 oz	2 qt 1 cup (1 No. 10 can)		
Ground black pepper		2 Tbsp 2 tsp		
Ground cumin		⅓ cup		
Garlic powder		2 Tbsp 2 tsp	10. Reduce heat to low and simmer for 2 minutes. Critical Control Point: Heat to 165 °F or higher for at least 15	
			seconds.	
			11. Critical Control Point: Hold for hot service at 135 °F or higher.	
			12. Portion 6 fl oz spoodle (¾ cup) stir-fry over No. 8 scoop (½ cup) brown rice.	

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
¾ cup (6 fl oz spoodle) stir-fry mixture over ½ cup (No. 8 scoop) brown rice provides 1 ¼ oz equivalent meat, ¾ cup red/orange vegetable, ⅓ cup starchy vegetable, ¼ cup other vegetable, and 1 oz equivalent grains.	100 Servings: about 50 lb stir-fry about 24 lb brown rice	100 Servings: about 6 gallons stir-fry about 3 gallons brown rice



🥬 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide					
Food as Purchased for	100 servings				
Mature onions Butternut squash Red bell peppers	4 lb 12 oz 19 lb 4 oz 5 lb				

Nutrients Per Serving								
Calories Protein Carbohydrate Total Fat	396.34 19.52 g 58.87 g 10.01 g	Saturated Fat Cholesterol Vitamin A Vitamin C	1.69 g 62.31 mg 7346.86 IU (359.04 RAE) 44.16 mg	Iron Calcium Sodium Dietary Fiber	2.37 mg 57.97 mg 574.40 mg 7.06 g			